

COVID-19

Sida bukaan qaba COVID-19 loogu daryeelo guriga

(How to care for COVID-19 at home)



Haddii ay macquul tahay, xaqiiji in qofka xanuunsan uu leeyahay qol jiif iyo musqul qubeys oo u gaar ah.

Ka ilaali soo booqdayaasha gurigiina.



Hal xubin oo qoyska ka tirsan oo caafimaad qaba ha daryeelo qofka xanuunsan.

Dadka kale oo dhan ka fogee masaafa ahaan kan xanuunsan inta ugu badan ee ay suurtagalka tahay.



Ha u ogolaan qofka xanuunsan inuu cunno u sameeyo dadka kale.

U ogolow qofka xanuunsan inuu cunnadiisa u gaarka ah uu ku karsado aag gooni ah asagoo joogo, waqti gaar ah. Dhaq dhammaan saxamada oo nadiifi dhammaan sagxadaha intaasi kadib.



Ka fogoow wadaagista alabaha qoyska sida saxamada, iyo galaasyada wax lagu cabbo, weelasha, shukumaanada, go'yaasha sariirta iyo aaladaha elektarooniga ah.

Si joogto ah u dhaq ama u nadiifi sagxadaha sida aadka ah loo taabto sida biraha jaraanjarta gacanta qabsado, sidiyaasha albaabka, armaajada iyo albaabada firinjyeerka, tuubooyinka sinkiga iyo musqulaha.



Ku dhaq gacmaha saabuun iyo biyo ama ku nadiifi dareere gacmaha lagu tirtirto oo khamriga ku salaysan.



Dabool ama ku hindhis fasaleeti gudhihiisa ama gacantaada. Dhaq ama nadiifi gacmaha ka hor inta aadan taaban sankaa, afkaaga ama indhahaaga.



Calaamado iska baar. Haddii aad wax ka mid ah aragto, sida ugu dhakhsaha badan isku go'doomi. Buuxi Qiimeynta COVID-19 & aaladda Baaritaanka ee laga helo ahs.ca/covidscreen si aad u ogaato haddii aad u baahan tahay baaritaanka COVID-19.

Waan ku wada jimaa midaan si wadajir ah.
(We're in this together.)

Waan ka wada bixi doonaa si wadajir ah.
(We'll get through it together.)

